



AYURVEDIC MANAGEMENT OF VIBHANDHA (CONSTIPATION) IN CHILDREN – CASE STUDY

Dr. Meenakshi

Assistant Professor, Department of Kaumarabhritya, Ashwini Ayurvedic Medical College, Tumkur

ABSTRACT

Constipation is a disease condition resembling to Vibandha described in Ayurveda. Vibandha or Badhapurisha means obstruction or constipation i.e. sanga and which indicates one of the state of srotodushti especially in purishavaha srotas. It refers to bowel movements that are infrequent or hard to pass and is a general term used to indicate fewer bowel movements, solidified hard stools, painful defecation and feeling of bloating, abdominal discomfort or incomplete elimination. Constipation may be the end result of many gastrointestinal and other medical disorders. Constipation is easier to prevent than to treat. Following the relief of constipation, maintenance with adequate exercise, fluid intake and high fiber diet is recommended.

KEYWORDS: Vibandha, Constipation, Basthi, Vatanulomana

INTRODUCTION

Constipation is one of the common prevalent diseases in paediatric age group. Constipation can be correlated with vibandha as both the terminologies have similar features like purish nigrha (obstruction of stool), pakvashya shoola (pain abdomen), parikartika (pain during defecation) etc. Constipation can occur at any age, and is more common among individuals who resist the urge to move their bowels at their body's signal. Body is originally composed of dosas, dhatus and malas.[1] Consumed food as well as dhatus manifest malas during the process of digestion and metabolism for example; vata or Varcha or purisha (Stool) and Mutra (Urine) are the waste product of anna (food) etc.[2] It is called mala because of having a tendency to vitiate others.[3] Vibandha (constipation) is not described as a separate disease in our classical text. Description of Vibandha is found in vyapada of Vamana and Virechana.[4] It is a side effect of sansodhan (Vamana or Virechana) done in Ajirna.[5] symptoms of parikartika.[6] It is apatapanjanya roga (Diseases caused by nutritional deficiency)[7] and one of the complications of immediate haemostasis in Raktarsha (bleeding piles)[8] However symptoms of Udavarta (Retention of feces, flatus, urine) like Anaha (Obstruction), Admana (Distension), Malaavastamba (Hardness of faeces) due to the pratiloma gati (reverse flow) of Apana is mimic the symptoms of vibandha.[9] In Ayurveda there are so many preparations and karma to treat the patients of constipation which not only cures but also prevent remission of disease without any side effect if done properly.

Vibandha is not mentioned in samhita as a specific disease but some references are given in the samhitas regarding vibandha as a disease. i.e. vibandha mentioned in vataja nanatmaja vyadhi.

CASE HISTORY:

An 13 year old female child was brought to the Out Patient Department of Kaumarabhritya, Ashwini Ayurvedic Medical College, Tumkur by her parents with complaints of difficulty in passing motion regularly and associated with passage of hard stools once in 3 to 4 days. This complaint was persisting since last 1 year frequently.

HISTORY OF PRESENT ILLNESS:

The patient was apparently healthy 1 year back. Then she developed difficulty in passing motion regularly. Initially she used to pass hard stools once in 2 days associated with slight pain while defecation. After few days, the duration has increased to 3 to 4 days. At the outset, the parents have taken the child for consultation in a nearby hospital, where they have given a course of medications, which they have taken, but did not get any satisfactory relief. As days passed, she faced more difficulty in passing stools. The condition got aggravated since last 3 months. Then, the parents have decided to bring the child for a better evaluation and management in Ayurvedic way of treatment so visited Ashwini Ayurvedic Hospital, Tumkur by advice of some friends. After a thorough interrogation with the parents regarding the diet, life style and habits of the child and the history of present illness and after a proper evaluation regarding the present condition of the child, she was admitted to the inpatient department of our hospital and planned for Panchakarma treatment along with internal medications.

EXAMINATION

Table 1: Assessment of general condition of child:

Bowel	Passage of hard stool, once in 3 days
Appetite	Normal
Sleep	Sound sleep

GASTROINTESTINAL SYSTEM:

O/E: Inspection – No distension, umbilicus in normal position.

Palpation – Superficial and deep palpation – normal, no tenderness.

Percussion – normal tympanic note around the umbilicus Auscultation – Normal bowel sounds

Table 2: CHIEF COMPLAINTS:

1. Vatavarcha apravrutti (Obstruction to voiding stool).
2. Grathita mala pravarthana (Scybulous stool)
3. Krucchrena Shushkasya Chiraath pravrutthi (Voiding of hard stools with straining)
4. Sa shoola mala pravarthana (Voiding of stools with pain)
5. Alpapam mala pravarthana (Voiding of small quantity of faeces)

TREATMENTS GIVEN

A single course of treatment which comprises of both Panchakarma treatments and internal medications were given for a period of 1 week.

1. Sarvanga Abhyanga with Ksheerabala taila
2. Nadi Sweda
3. Matra Basthi with Sahacharadi taila . 30 to 50 ml
4. Triphala churna (with warm water after food) 2 times
5. Shanka vati 1 tablet 2 times before food.

OUTCOME OF THE TREATMENTS:

PATIENT AND CARE TAKER'S FEEDBACK:

1. Patient has not passed motion for almost 4 days. But, passed motion within one day after starting of the course of treatment.
2. No any hard stools, instead semi solid stools were passed.
3. Child has passed motion once on the 2nd and 3rd day after starting of treatment.
4. No any pain during defecation.
5. No any straining during defecation.
6. No any obstruction while passing motion.

Discussion on disease:

In the present case, the patient presented with complaints like hard stools once in 3-4 days and slight pain associated with defecation. It can be diagnosed as "Vibandha". It is caused due to the Prakopa of Apana vata resulting in impairment in its function i.e. Shakrut nishkramana. The Prakopa is caused mainly due to the Vriddhi of Ruksha guna which results in excessive Shoshana of Drava amsha in the Pakwashaya and Pureesha. The Drava shoshana in Pakwashaya leads to the decreased peristaltic movement of the large intestine and Drava shoshana in Pureesha results in increase of the hardness of the stools. As a consequence of these, there is Kshaya in the Snigdha and Chala guna of Apana vata. The pathology occurs in the Pureesha vaha sroto moola i.e. Pakwashaya and Sthoola guda. Along with Apana vata, Samana vata vaigunya was also noted as the patient was having difficulty in Munchana of Anna kitta i.e. Shakrut.

Discussion on treatment

Based on the Lakshnas it was concluded that there is Apana vata vaigunya. Hence the basic line of management was Samyak anulomana of Apana vata. Externally Abhyanga and Nadi sweda was done for 7 days. Abhyanga being a Bahya snehana chikitsa along with Swedana did the Vataharana. Ksheerabala taila was selected for Abhyanga as it is Balya as well as Brumhana by its nature. Since Vata is the main Prakupita dosha here, Basthi chikitsa was planned in order to provide Samyak anulomana and Matra basthi was administered with Sahacharadi taila. The Avastha of the patient was suitable for the administration of Matra basthi because there was Deeptagni and Baddha shakrut. Sahacharadi taila was selected because it is mentioned as Shreshta for Vid vibandha. Internally Shanka vati & Triphala churna with Ushna jala as Anupana was administered. As triphala enhances digestion & shanka vati subsides pitta which may be cause for hard stool.

CONCLUSION

Vibandha can be understood as a Swatantra vyadhi or as an Upadrava of other diseases. Treatment of Vibandha is mainly focused on the Anulomana of Apana vata which results in Samyak mala pravrutti. Hence in this case Vibandha is diagnosed as a Swatantra vyadhi and Anulomana and Brumhana chikitsa were adopted internally and externally. Along with Chikitsa, proper dietary plan with fibre rich diet and adequate intake of lukewarm water were also advised.

Significant reduction in the complaints was observed after 7 days of treatment.

Even after completion of treatment since 6 months completed no any complaints repeated with accompanied of life style change & diet plan.

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